

MOTION BY SUPERVISOR YVONNE B. BURKE

December 12, 2006

Heart disease is the leading cause of death in Los Angeles County, accounting for more than 25% of all deaths. Trans fat consumption has been shown to significantly increase the risk of serious cardiovascular disease. Trans fats, which are partially hydrogenated vegetable oils, are found in margarines and some types of processed vegetable oils and shortenings. Trans fats increase the bad type of cholesterol, LDL, and reduce the good cholesterol, HDL.

Consumers in restaurants do not know whether they are eating trans fat or, if they are, the quantity they are eating. This exposes them to unnecessary health risks. In January 2006, an FDA requirement took effect that trans fat content be listed on the label for all packaged foods. Healthier substitutes for trans fat are available.

Another nutritional problem in Los Angeles County is the increase in obesity, which contributes to the increase of type 2 diabetes, high blood pressure, high cholesterol and other health risk factors.

**- M O R E -**

MOTION

MOLINA	_____
BURKE	_____
KNABE	_____
ANTONOVICH	_____
YAROSLAVSKY	_____

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Studies have shown that frequent consumption of fast food is associated with increased caloric intake and excess weight gain and that consumers vastly underestimate the number of calories in these food and beverage items. Results of the Los Angeles County Health Survey indicate that one in four children countywide eat fast food each day.

In response to the increase of heart disease, diabetes, and obesity, the New York City Board of Health several weeks ago unanimously amended the city's health code to 1) restrict the use of artificial trans fats at all restaurants, and 2) require calorie labeling on menus and menu boards at all chain restaurants that already provide calorie information.

Given the significance of heart disease, obesity and diabetes, it is crucial that Los Angeles County consider all possible measures to protect the public's health.

**I, THEREFORE MOVE THAT THE BOARD OF SUPERVISORS:** Instruct the Los Angeles County Department of Public Health, in consultation with County Counsel to:

- 1) Investigate the issues of trans fat regulation and calorie labeling for Los Angeles County, including the pros and cons of adopting approaches similar to those of New York, and the legal authority of the Board to adopt such measures; and
- 2) Report back to the Board of Supervisors with the findings and recommendations within 45 days.

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